

# District of Columbia Public Schools K-8 Lunch Menu May 2010

Our website: [www.chartwellsschool dining.com/dcps](http://www.chartwellsschool dining.com/dcps)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ranch Chicken Sandwich on a Wheat Bun <i>OR Turkey Burger</i> Tater Tots Steamed Corn Chilled Pears Low Fat or Fat Free Milk	4 <i>National Teacher Day!</i> Cheesy Garlic Flatbread Marinara Dipping Sauce <i>OR BBQ Chicken Wrap</i> Italian Green Beans Chilled Peaches Low Fat or Fat Free Milk	5 <i>Cinco de Mayo</i> Baja Bean Burrito <i>OR Meatball Sandwich</i> Fresh Garden Salad With Light Dressing Fresh Apple Low Fat or Fat Free Milk	6 Hamburger or Cheeseburger on a Wheat Bun <i>OR Chicken Patty on a Bun</i> Veggie Pasta Salad Seasoned Spinach Chilled Pineapple Low Fat or Fat Free Milk	7 Spaghetti with Italian Meat Sauce <i>OR Grilled Cheese Sandwich</i> Fresh Baby Carrots with Light Dressing Fresh Orange Low Fat or Fat Free Milk
10 Stuffed Crust Cheese or Pepperoni Pizza Peas and Carrots Chilled Peaches Low Fat or Fat Free Milk	11 Oven Fried Chicken Buttermilk Biscuit <i>OR Hamburger or Cheeseburger</i> Corn on the Cob Seasoned Collard Greens Chilled Pineapple Low Fat or Fat Free Milk	12 Taco Salad Turkey Taco Meat Shredded Cheese <i>OR Turkey Ham and Cheese Melt</i> Tortilla Rounds, Fiesta Rice Corn and Black Bean Salsa Fresh Banana Low Fat or Fat Free Milk	13 BBQ Beef Riblet on a Wheat Bun <i>OR Buffalo Chicken Wrap</i> Baked Beans Fresh Baby Carrots with Light Dressing Fresh Pear Low Fat or Fat Free Milk	14 Curried Chicken with Brown Rice <i>OR Philly Cheese Steak Wrap</i> Steamed Broccoli Applesauce Low Fat or Fat Free Milk
17 Popcorn Chicken with Sweet and Sour Dipping Sauce Wheat Dinner Roll <i>OR Meatball Sandwich</i> Mixed Vegetables Chilled Pineapple Low Fat or Fat Free Milk	18 Beef Fiestada Pizza <i>OR Buffalo Chicken Tenders with Wheat Dinner Roll</i> Steamed Carrots Chilled Peaches Low Fat or Fat Free Milk	19 BBQ Chicken Wrap <i>OR Turkey Burger</i> Fresh Garden Salad with Light Dressing Fresh Orange Low Fat or Fat Free Milk	20 Bean Chili with Shredded Cheddar Cheese Topping Brown Rice <i>OR Chicken Patty on a Bun</i> Steamed Corn Chilled Pears Low Fat or Fat Free Milk	21 Orange Ginger Beef Stir-Fry Asian Noodles <i>OR Grilled Cheese Sandwich</i> Stir-Fried Vegetables Fresh Apple Low Fat or Fat Free Milk
24 Chicken Parmesan Sandwich on a Wheat Bun <i>OR Philly Cheese Steak Wrap</i> Seasoned Peas and Carrots Chilled Peaches Low Fat or Fat Free Milk	25 Oven Roasted Turkey and Gravy Buttermilk Biscuit <i>OR Grilled Chicken Sandwich</i> Seasoned Spinach Chilled Pineapple Low Fat or Fat Free Milk	26 <i>Summer Kick-Off!</i> Build Your Own Hot Dog or Veggie Burger Bar Assorted Toppings <i>OR Turkey Ham and Cheese Melt</i> Corn on the Cob Baked Beans Applesauce Low Fat or Fat Free Milk	27 Chicken and Cheese Quesadillas with Salsa Fiesta Rice <i>OR BBQ Beef Riblet on a Bun</i> Fresh Broccoli with Light Dressing Fresh Banana Low Fat or Fat Free Milk	28 Pasta with Meatballs Wheat Dinner Roll <i>OR Buffalo Chicken Wrap</i> Fresh Garden Salad with Light Dressing Fresh Orange Low Fat or Fat Free Milk

### Alternates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey and Cheese Whole Grain Wrap Featured Vegetable Fruit Choice Low Fat or Fat Free Milk	Curried Chicken Salad Wrap Featured Vegetable Fruit Choice Low Fat and Fat Free Milk	Turkey Ham and Cheese on Wheat Bread Featured Vegetable Fruit Choice Low Fat or Fat Free Milk	Chef Salad Wheat Dinner Roll Fruit Choice Low Fat or Fat Free Milk	Turkey Ham, Turkey Bologna, Turkey Salami, & Cheese Whole Grain Wrap Featured Vegetable Fruit Choice Low Fat and Fat Free Milk

Do you have what it takes to be part of the Healthier US School Challenge? Our menus do! The Healthier US Schools Challenge is a national program designed to get you up and moving, and eating healthy. Part of the challenge requires specific foods to be offered at lunch every week, including fresh fruit, dark green and orange vegetables, and whole grains. Starting now, all of our menus meet these guidelines! By choosing to eat school lunch, you can make sure you get enough vitamins, minerals, nutrients, and fiber – such as iron from spinach, Vitamin C from fresh oranges, and fiber from whole grains like our pastas and brown rice!



### Student Lunch Price

**\$1.25**

Full student lunch includes an entrée with meat or meat alternate & bread/grain accompaniment, choice of two fruit and/or vegetable sides, and choice of fat free white, low fat white, or low fat chocolate milk. Fresh fruit subject to change based on availability. Menu subject to change